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ABSTRACT

This handbook presents sequentially arranged tennis instruction providing a solid foundation of basic skills and concepts. Each lesson enables the student to make the transition from one skill to the next. Each chapter: (1) explains why the concept or skill is important; (2) identifies the keys to correct technique; (3) helps correct common errors; (4) explains how to practice each skill in realistic ways; (5) lists specific performance goals for each drill; (6) provides a summary checklist for evaluating proper techniques; and (7) lets the student set the pace. (JD)

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